

Rudra  
PRESS

*Spring 1988*



## Simple truths about your creative potential

Have you ever sensed a deeper presence, the part of yourself that knows unconditional joy and complete love? You might feel this presence, for instance, as you step outside on the first beautiful day of spring. If you're not in touch with this part of yourself as much as you'd like to be, you're not alone. . . .

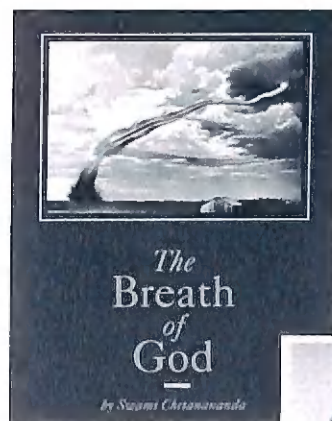
At Rudra Press, we believe that spiritual understanding is for everyday living. Our 1988 catalogues feature books, audio tapes, and instructional videos that can help you uncover your potential for health and well-being on every level. Health, nutrition, coping with stress, relaxation and meditation, ecstatic poetry, contemporary spiritual writings, and classical texts . . . Explore these resources with us throughout the year and turn *your* creative potential for happiness into reality!

Our first catalogue features books and tapes by or about three remarkable teachers who have devoted their lives to helping students dissolve tensions and uncover the creative energy that lies beneath. We've also added a special section of yoga videos, audios, and books for your home practice.

Use the convenient order form we've provided to choose the books and tapes you'd like. We'll get them to you promptly. As always, your satisfaction is fully guaranteed and your suggestions welcome.

## Find a new perspective

*Mastery is available to you. It is present always within the dynamic stillness which is the essence of your life. The only issue is your determination to discover and achieve it.*



### Swami Chetanananda

Swami Chetanananda is the Director of the Nityananda Institute in Cambridge, Massachusetts. A highly-respected spiritual master, Chetanananda continues the work begun by his teacher Swami Rudrananda (Rudi). Like Rudi, he is an American who has the unique ability to transform the wisdom of the East into a dynamic contemporary experience.

life. He shows you how to see through the tensions and patterns of your mind in order to uncover your own creative potential.

### Songs From the Center of the Well

Swami Chetanananda  
Paperback \$6.95

A wonderful collection of short, inspirational verses that speak to the heart of living a conscious, spiritual life. *Songs* offers fresh insight on discovering the transcendental as you face the challenges and struggles of daily life. It is a book to pick up again and again, to break open in a quiet moment, to take with you on a journey filled with uncertainty. To read it is to pause, take a new look at the world, and breathe a sigh of relief.

### Keys to Mastery

Swami Chetanananda  
3-tape audio set \$29.95

In this remarkable program Swami Chetanananda outlines the five key steps to mastery — a dynamic process that totally transforms your experience. Learn to tap the creative power within and express it in your life. Includes guided meditations.

### Meditation (Avail. April)

Swami Chetanananda  
Audio tape \$10.95

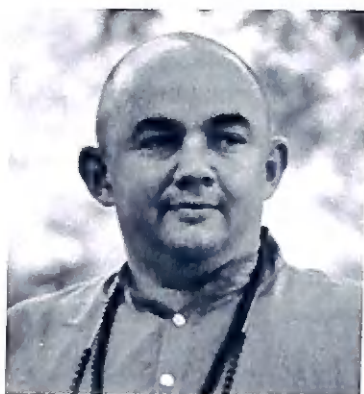
Enhance your meditations at home with a master's guidance. This tape explores meditation, focusing on breath and awareness of the chakras or subtle energy centers in the body. Chetanananda guides you to the experience of the Source of your life.

**NEW!**

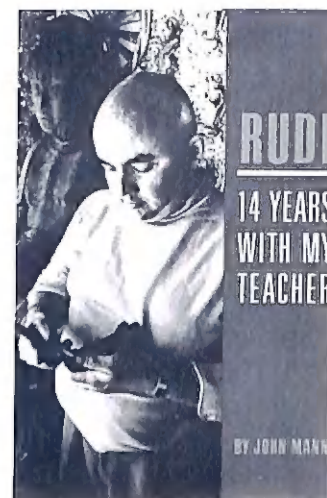
**The Breath of God**  
Swami Chetanananda  
Paperback \$11.95

In this collection of talks, the remarkable quality and grace of the teacher can be felt by students from every tradition. Chetanananda addresses the concerns, dilemmas, joys and fears that you face as you reach for a deeper understanding of your

# Turn your dreams into reality



*Love is complete trust and surrender. . . . Only by letting go deeply can we take into ourselves the highest ingredients necessary for our evolvement.*



## Rudi

One of the first Americans to be recognized as a Swami, Rudi was a fiery fusion of East and West who approached spiritual work with total intensity and dedication. A dynamic teacher for over twenty years, Rudi made spirituality an accessible and real experience for Western students.

### Spiritual Cannibalism

*Rudi (Swami Rudrananda)*

**New paperback edition \$10.95**

Originally published in 1973 shortly before Rudi's death, *Spiritual Cannibalism* is an American spiritual classic. In his direct, no-nonsense style, Rudi cuts through the fantasies of spirituality and directs you to the reality of spiritual work. The wish to grow, hard work, and deep surrender are key elements on the

road to spiritual knowledge. Rudi's words give you a practical understanding of this subtle and remarkable process.

## NEW!

### Rudi: 14 Years With My Teacher

*John Mann*

**Paperback \$11.95**

John Mann didn't realize it when he crossed the threshold of Rudi's Oriental Art store on New York's lower West Side, but he was about to meet a true spiritual master. That event was the beginning of the extraordinary relationship chronicled in this book. Through the eyes of one of Rudi's earliest students we catch potent glimpses of the wisdom, love, and intensity of this great American kundalini yoga master.

## Rudi on Tape: A Special Series

Now you can experience the warmth and depth of Rudi's teaching with these special audio tapes recorded in the months before Rudi's sudden death in February, 1973.

Rudi's dynamic presence comes to life again as he talks about conscious effort, tension, relationships, and surrender. Includes personal reflections on his own incredible journey.

### Conscious Living

Side A: January 24, 1973

Side B: February 15, 1973

**\$10.95**

### The Wish to Grow

Side A: June 20, 1972

Side B: January 9, 1973

**\$10.95**

**Two-tape set \$19.95**

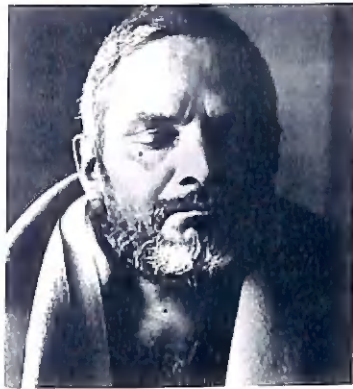
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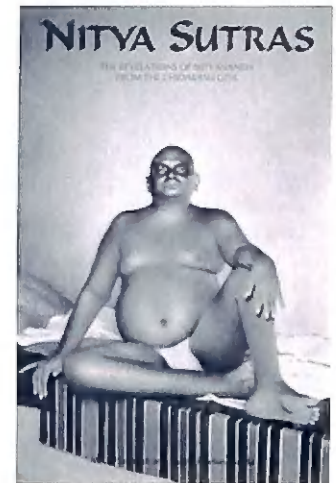
9-5:30 weekdays EST.



# Uncover the power and grace in your life



*Return to the Self within — know your own secret, the universe is inside you, you are inside the universe. The inner Self is the One who dances in all, the One who is here and the One who is there. Sutra 65*



## Nityananda

Nityananda was a rare, gifted being, one of modern India's greatest spiritual masters. First and foremost, Nityananda demonstrated the results of complete immersion in the inner Self, the union of the individual and the Divine. Spiritual techniques and organizations held no interest for him — simply to be in his presence made all things possible.

**Nityananda:**  
**The Divine Presence**  
**M.U. Hatengdi**  
**Paperback \$10.95**

Nityananda's presence was a pure expression of the highest love and consciousness. Throughout his life miracles abounded and lives were transformed. In this volume fascinating eye-witness stories and rare photographs trace

Nityananda's life from the turn of the century to his mahasamadhi in 1961. These vivid stories take you to the villages and jungles of India, compelling you to suspend your rational assumptions as you meet one who is totally absorbed in the Divine.

**Nitya Sutras:**  
**The Revelations of Nityananda**  
**from the Chidakash Gita**  
**M.U. Hatengdi and**  
**Swami Chetanananda**  
**Paperback \$11.95**

Nityananda's own words in an inspired translation of aphorisms recorded during the 1920s. In his terse, powerful style, Nityananda speaks of the inner awareness that is the goal of every spiritual student. His words pierce our confusion and encourage us to develop a pure mind and an intense desire for liberation.

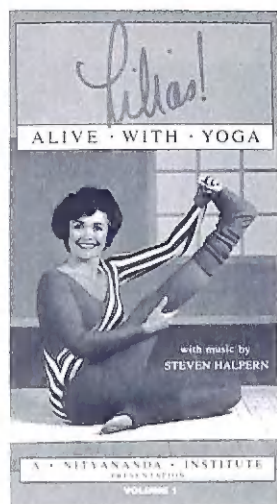
Nityananda speaks with the clarity and vision of one who is completely free. Informative introduction, commentaries, glossary and 20 rare photographs complete this remarkable volume.

**Our Love & Respect**  
**Devotional Chanting by the**  
**Nityananda Institute**  
**Audio tape \$9.95**

This tape includes vibrant renditions of three classical Indian chants and an original composition that is a beautiful blend of East and West. Use this tape to begin your meditation or to soothe your spirit on the daily commute. Chants are Shiva Arati, Narayana, Raghupati and Nityanandaya. Includes complete booklet with words and English translation.



# Hatha Yoga



## Video Tapes

### Lilias! Alive with Yoga

Lilias Folan

60 minute video VHS/Beta  
\$39.95

Let America's best-known yoga teacher guide you through two 30-minute home workouts with clear, direct instructions. Lilias combines strengthening exercises with yoga stretches and relaxation instruction to help you achieve and maintain a healthy body and vibrant spirit. A great introduction for beginners. Safe and easy-to-follow for students of all ages. Steven Halpern's



To order by phone

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soothing soundtrack completes your experience of better health and well-being.

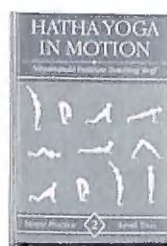
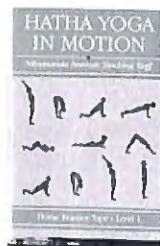
### Yoga: The Home Study Course Part I: The Standing Poses

Manouso Manos

52 minute video VHS/Beta  
\$39.95

This outstanding video includes 14 standing poses taught by Manouso Manos, senior student of B.K.S. Iyengar. Manos teaches with clarity, precision and grace, giving instruction for both beginners and advanced students. Because this style of yoga emphasizes physical strength and perfection of form, beginners should proceed with caution. This tape is perfect for advanced students and an excellent resource for yoga teachers as well.

## Audio Tapes



### Hatha Yoga in Motion:

Level One

Nityananda Institute

Audio tape \$9.95

Practice any time with these audio tapes developed by the teaching staff of the Nityananda Institute. Each tape includes two 30-minute lessons featuring vinyasa, a graduated series of movement and breath which leads you to a sense of ease and strength in the poses. Both tapes include an illustrated, fold-out guide to the poses.

Level One includes an effective joint-loosening series of movements and the palm tree vinyasa, a series of standing movements that give a complete body stretch.

Smooth transitions from warm-up to cool-down and a guided relaxation complete your classes.

### Hatha Yoga in Motion: Level Two

Nityananda Institute

Audio tape \$9.95

Designed for intermediate students, this tape leads you through the sun salutation and an excellent series of seated stretches with warm-ups and cool-down. Each 30-minute class ends with a guided deep relaxation.

## NEW!

### Yoga With Lilias:

For beginning students

Lilias Folan

Audio tape \$9.95

Now, Lilias' teaching expertise is available to you in a new audio tape series designed to fit into your hectic schedule. This 60-minute tape for beginners includes two 15-minute lessons for morning and evening and a 30-minute yoga class. An illustrated guide-book filled with easy-to-follow exercises completes your *Yoga With Lilias* experience.

## NEW!

### Yoga With Lilias:

For experienced students

Lilias Folan

Two audio tapes \$15.95

This remarkable two-hour yoga package offers morning and evening exercises, an expanded yoga class, plus an hour-long Weekend Workout. Classes include sun exercise, cobra, locust, bow, fish, standing poses, shoulder stand, headstand preps and more.





# Order Form

To order, fill out and mail to Rudra Press, P.O. Box 1973  
Dept. JR, Cambridge, MA 02238

For faster delivery, call (617) 576-3394 weekdays, 9-5:30 EST.

## Rest, Relax, & Sleep

Lilias Folan

Audio tape \$11.98

Cure your insomnia and learn to relax the natural way with Lilias' ten-week system of progressive relaxation, breathing, and "sleep stretches." Tape includes an illustrated booklet designed to teach all ages the healthful benefits of relaxation any time, anywhere.



## NEW! Healthy Back Larry Paine Set of six audio tapes \$39.95

If you want to begin yoga practice but are worried about your aching back, we suggest that you use this effective audio tape program first. *Healthy Back* focuses on the essential exercises you need to relieve nagging back pain. Larry Paine shows you how to work these simple stretches, strengthening exercises and tension-relieving techniques into your busy day at the office and offers effective lesson plans to achieve your goal of greater flexibility and freedom from pain. Includes informative, illustrated booklet and wall chart.

| Qty. | Title                             | Price | Totals |
|------|-----------------------------------|-------|--------|
|      | The Breath of God                 | 11.95 |        |
|      | Songs From the Center of the Well | 6.95  |        |
|      | Keys to Mastery                   | 29.95 |        |
|      | Meditation                        | 10.95 |        |
|      | Spiritual Cannibalism             | 10.95 |        |
|      | Rudi: 14 Years With My Teacher    | 11.95 |        |
|      | Rudi on Tape: 1. Conscious Living | 10.95 |        |
|      | 2. The Wish to Grow               | 10.95 |        |
|      | 3. Two-tape set                   | 19.95 |        |
|      | Nityananda: The Divine Presence   | 10.95 |        |
|      | Nitya Sutras                      | 11.95 |        |
|      | Our Love & Respect                | 9.95  |        |

|  |                                      |       |  |
|--|--------------------------------------|-------|--|
|  | Lilias! Alive with Yoga VHS/Beta     | 39.95 |  |
|  | Yoga: The Home Study Course VHS/Beta | 39.95 |  |
|  | Hatha Yoga in Motion—Level One       | 9.95  |  |
|  | Hatha Yoga in Motion—Level Two       | 9.95  |  |
|  | Yoga with Lilias—beginners           | 9.95  |  |
|  | Yoga with Lilias—advanced            | 15.95 |  |
|  | Rest, Relax & Sleep                  | 11.98 |  |
|  | Healthy Back                         | 39.95 |  |

|  |                             |       |  |
|--|-----------------------------|-------|--|
|  | Hatha Yoga                  | 8.00  |  |
|  | Stretch & Relax             | 12.95 |  |
|  | The Concise Light on Yoga   | 8.95  |  |
|  | Light on Pranayama          | 11.95 |  |
|  | Lilias, Yoga, and Your Life | 10.95 |  |
|  | Lilias, Yoga, and You       | 5.00  |  |

### Shipping Information\*

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| \$15.01 - \$30.00 | \$3.50 |
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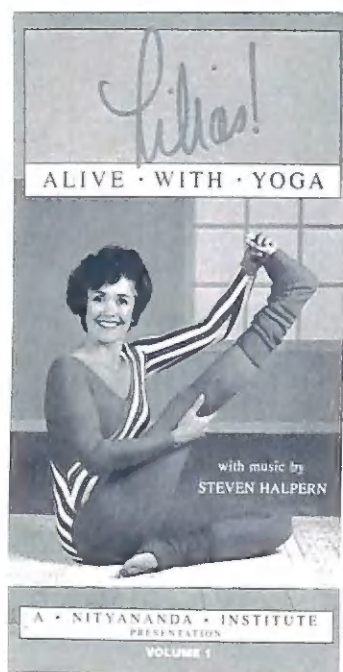
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Our guarantee: We will ship your order promptly. If any item is unsatisfactory, please return for exchange or refund in thirty days.

\*Prices include shipping to Canada.

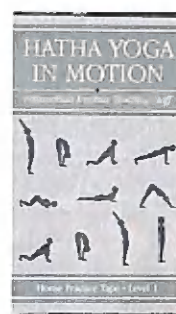


**Now you can feel better—any time—with your yoga tapes.**

### **Lilias! Alive with Yoga**

*An instructional videocassette by America's best-known yoga teacher... informative, and non-intimidating to the beginner. A great gift for a loved one who is out of shape and looking for new ways to relax.*

— Yoga Journal



### **Hatha Yoga in Motion**

*There is a quality in each session that not only enhances my physical and mental capacity but also takes me to a deeper feeling of health, balance, and nourishment. I would recommend these tapes to everyone as a valuable tool to deepen their yoga experience... Thank you!"*

— Sarah Fahey



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